



National Nutrient Database for Standard Reference
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Statistics Report 35184, Smelt, dried (Alaska Native)

Report Date: July 16, 2017 06:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	16.92	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	386	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	1614	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	56.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	17.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	8.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	1600	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	5.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	1400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	1000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	420	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	6.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1	mg	0.720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	194.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin 1	mg	0.073	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.262	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	5.970	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	2.290	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.176	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12 1	µg	19.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol ¹	µg	139	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	463	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	4.51	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma ¹	mg	0.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	3.590	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 ¹	g	0.760	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 ¹	g	2.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	6.860	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	2.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	3.650	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.780	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated 1	g	0.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	2.884	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated ¹	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 ¹	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated ¹	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) ¹	g	0.910	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 ¹	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) 1	g	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) 1	g	1.220	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol 1	mg	249	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Amino Acids													
Tryptophan 1	g	0.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine 1	g	2.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	2.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	3.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	3.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	1.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1	g	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	2.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	1.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	2.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	3.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	3.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	4.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	6.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	3.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline ¹	g	2.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine ¹	g	2.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD